



## Munch Mix

 Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



145 kcal

SIDE DISH

## Ingredients

- 0.3 cup candy-coated chocolate pieces
- 6 cups corn and oat cereal sweetened honeycomb-shaped
- 1.5 cups marshmallows jet-puffed miniature
- 0.3 cup planters peanuts salted
- 1 cup raisins

## Equipment

## Directions

- Mix all ingredients.
- Store in tightly covered container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:9.94, Glycemic Load:8.16, Inflammation Score:-4, Nutrition Score:6.7647826431886%

## Nutrients (% of daily need)

Calories: 144.99kcal (7.25%), Fat: 2.64g (4.06%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 28.15g (10.24%), Sugar: 7.64g (8.49%), Cholesterol: 0.65mg (0.22%), Sodium: 126.56mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Iron: 4.5mg (24.98%), Vitamin B3: 3.1mg (15.5%), Vitamin B1: 0.21mg (14.06%), Vitamin B6: 0.28mg (14.06%), Vitamin B2: 0.24mg (13.97%), Folate: 54.24µg (13.56%), Vitamin B12: 0.7µg (11.67%), Fiber: 1.68g (6.71%), Manganese: 0.13mg (6.4%), Vitamin A: 259.75IU (5.19%), Copper: 0.09mg (4.52%), Vitamin C: 3.62mg (4.39%), Potassium: 147.12mg (4.2%), Magnesium: 14.32mg (3.58%), Phosphorus: 35.61mg (3.56%), Vitamin D: 0.5µg (3.36%), Selenium: 1.57µg (2.24%), Zinc: 0.23mg (1.5%), Calcium: 12.34mg (1.23%)